

## Books

### Books available from the Linus Pauling Institute



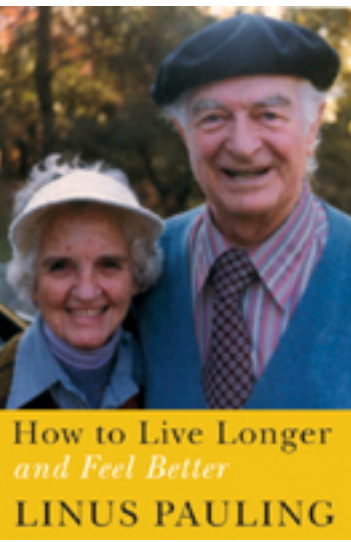
#### An Evidence-based Approach to Phytochemicals and Other Dietary Factors, 2<sup>nd</sup> edition

by Jane Higdon, Ph.D. and Victoria J. Drake, Ph.D.  
This book provides a critical analysis of the current scientific, epidemiological, and clinical research on the health benefits of plant-based foods and beverages, select phytochemicals, and other dietary factors. A print version of the information found on our [Micronutrient Information Center](#). Hardcover (2013), 2<sup>nd</sup> Edition, 368 pp.



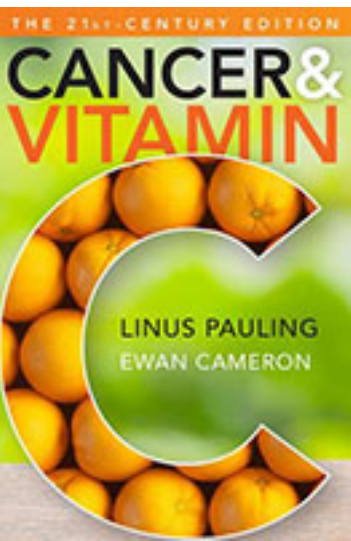
#### An Evidence-based Approach to Vitamins and Minerals: Health Benefits and Intake Recommendations, 2<sup>nd</sup> Edition

by Jane Higdon, Ph.D. and Victoria J. Drake, Ph.D.  
Information on function, deficiency, dietary reference intakes, disease prevention, disease treatment, sources and safety issues for vitamins and essential minerals. A print version of the information found on our [Micronutrient Information Center](#). Hardcover (2012), 2<sup>nd</sup> Edition, 272 pp.



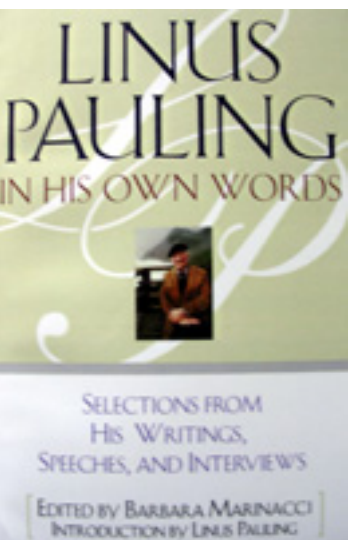
#### How to Live Longer and Feel Better, 20<sup>th</sup> Anniversary Edition

by Linus Pauling  
This special edition of Pauling's bestseller features a new historical introduction detailing Pauling's life and his fascinating intellectual growth. It also features a new afterword and annotations, as well as name and subject indices. Paperback (2006) 360 pp.



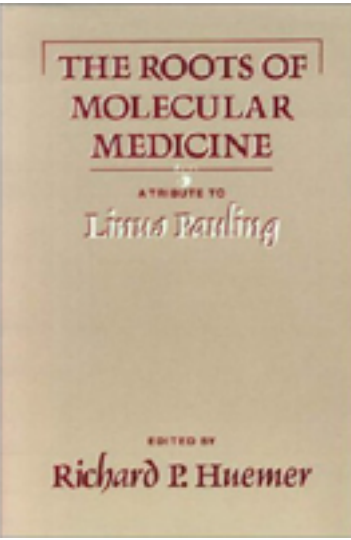
#### Cancer and Vitamin C - The 21<sup>st</sup> Century Edition

by Linus Pauling and Ewan Cameron  
A discussion of the nature, causes, prevention, and treatment of cancer with special reference to the value of vitamin C. This new edition has an updated preface and appendices authored by Stephen Lawson. Co-author Ewan Cameron, a Scottish surgeon, collaborated with Pauling for two decades. Paperback (2017) 295 pp.



#### Linus Pauling: In His Own Words

Edited by Barbara Marinacci  
A collection of excerpts from Pauling's writings, speeches, and interviews, many previously unpublished. Paperback (1995) 320 pp.



#### The Roots of Molecular Medicine: A Tribute to Linus Pauling

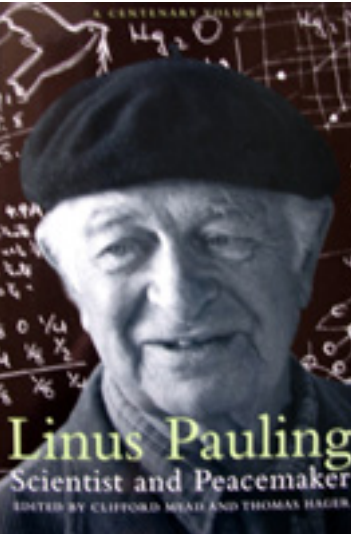
Edited by Richard P. Huemer  
"Roots" is a terrific, timeless celebration of Linus Pauling's progress from molecular to orthomolecular medicine. Hardcover (1996) 290 pp.



#### No More War! 25<sup>th</sup> Anniversary Edition

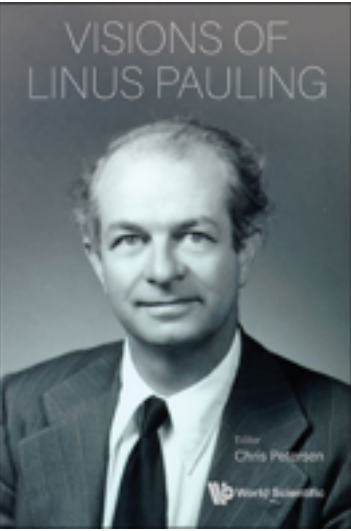
by Linus Pauling  
Linus Pauling's classic treatise on nuclear war and its potential effects on humanity. First published in 1958 and updated by Linus Pauling 25 years later. Paperback (1983) 304 pp.

### Books Available Online



#### Linus Pauling: Scientist and Peacemaker

Edited by Clifford Mead and Thomas Hager  
A portrait of Linus Pauling, including a wide variety of previously unpublished material by Pauling, as well as contributions from his contemporaries and students. Hardcover (2001) 288 pp.  
Available from [Oregon State University Press](#)



#### Visions of Pauling

Edited by Chris Petersen  
His life thrown into chaos by the death of his father in his youth, Linus Pauling persevered through an impoverished childhood to become one of the great scientists and humanitarians of the 20th century. In a stunningly original examination of the two-time Nobel Laureate, Oregon State University archivist Chris Petersen touches upon the major eras of Pauling's life and dials into specific episodes, themes, accomplishments, and failures at a level of detail that has not been put forth elsewhere. Hardcover (2022) 396 pp.  
Available from [World Scientific Publishing](#)

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